



Year 8

Knowledge Organiser

M1 2023-2024

“Knowledge is power” Francis Bacon

I came to give life - life in all its fullness

High Expectations - No excuses

The Bishop of Winchester Academy Weekly Homework Grid 2023-2024
Year 8, Michaelmas 1 - Commencing Monday 11th September

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
M1.2 11 th September	KO on Quizlet	RS 1-7	Healthy Living 1-5 Computer Science 1-4	Geography 1-8 Drama 1-3	History 1-8	Music 1-3 Food 1-4
	HWK on Satchel One	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Art - booklet	Spanish - LanguageNut	Science - Sparx	Maths - Sparx
M1.3 18 th September	KO on Quizlet	RS 8-14	Healthy Living 6-10 Computer Science 5-8	Geography 9-16 Drama 4-6	History 9-16	Music 4-6 Food 5-8
	HWK on Satchel One	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Art - booklet	Spanish - LanguageNut	Science - Sparx	Maths - Sparx
M1.4 25 th September	KO on Quizlet	RS 15-21	Healthy Living 11-15 Computer Science 9-12	Geography 17-24 Drama 7-9	History 17-23	Music 7-9 Food 9-12
	HWK on Satchel One	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Art - booklet	Spanish - LanguageNut	Science - Sparx	Maths - Sparx
M1.5 2 nd October	KO on Quizlet	RS 22-28	Healthy Living 16-20 Computer Science 13-16	Geography 25-32 Drama 10-11	History 24-30	Music 10-12 Food 13-16
	HWK on Satchel One	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Art - booklet	Spanish - LanguageNut	Science - Sparx	Maths - Sparx
M1.6 9 th October	KO on Quizlet	RS 29-35	Healthy Living 21-25 Computer Science 17-20	Geography 33-40 Drama 12-13	History 31-37	Music 13-14 Food 17-20

Week	Activity	Monday	Tuesday	Wednesday	Thursday	Friday
	HWK on Satchel One	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Art - booklet	Spanish - LanguageNut	Science - Sparx	Maths - Sparx
M1.7 16 th October	KO on Quizlet	RS 36-42	Healthy Living 26-30 Computer Science 21-23	Geography 41-48 Drama 14-15	History 38-44	Music 15-16 Food 21-24
	HWK on Satchel One	English (Week 1 - AR/Spellings Week 2 - Creative Writing)	Art - booklet	Spanish - LanguageNut	Science - Sparx	Maths - Sparx

RS - YEAR 8 - M1 Hinduism			RAG
1.	Hinduism	The oldest religion, existing before humans had a written language; therefore images of God are very important in Hinduism to help explain what God is like.	
2.	Brahman	One God, the one ultimate reality,	
3.	Trimurti	Means 'three forms', the three images of God, used by many Hindus to help understand Brahman.	
4.	Brahma	The quality of God as the creator.	
5.	Vishnu	The quality of God as the preserver.	
6.	Shiva	The quality of God as the destroyer.	
7.	Murti	An image or statue representing the quality of God.	
8.	Four heads	Brahma is shown with four heads so everything can be seen.	
9.	Four arms	Brahma and Vishnu are shown with four arms to show power.	
10.	Ladle	Brahma carries a ladle with water, from which the universe comes.	
11.	Beads	Brahma carries beads as a reminder to pray.	
12.	Book	Brahma carries a book representing the Vedas (Hindu holy book).	
13.	Blue	Vishnu is blue like the sky, showing that he is everywhere.	
14.	Conch shell	Vishnu carries a conch shell to represent the sound of creation.	
15.	Discus	Vishnu carries a discus to represent the sun.	
16.	Lotus flower	Vishnu carries a lotus flower to represent beauty, peace and freedom.	
17.	Mace	Vishnu carries a mace which is his magical weapon.	
18.	Third eye	Shiva has a third eye to show wisdom.	
19.	Cobra necklace	Shiva wears a cobra necklace to show his power over even the most dangerous of creatures.	
20.	Trident	Shiva holds a trident, a three-pronged spear, to represent the Trimurti.	
21.	Nataraj	Shiva is also known as Nataraj, seen dancing in a circle of flames as Lord of the Dance. This dance refers to creation, preservation and destruction.	
22.	Atman	Hindu word for the soul or spirit. The process of the soul being reborn in another body is called reincarnation.	
23.	Sruti	Scriptures that were 'heard and seen'. They were transmitted orally (by speaking) and later written down unchanged, e.g. the Vedas and the Upanishads (part of the Vedas).	
24.	Smriti	Scriptures that were 'remembered'. They are what	



RS - YEAR 8 - M1 Hinduism			RAG
		people were told about God, e.g. the Ramayana, the Puranas, the Mahabharata and the Laws of Manu.	
25.	Mandir	Hindu temple.	
26.	Garba Griha	The main shrine in a mandir.	
27.	Arti Tray	Tray with central fire, plus other items including flowers, used in Hindu worship.	
28.	Bell	A bell is found in each shrine for the worshippers to ring to announce the presence of the worshipper to the deity.	
29.	Swastika	Not a symbol of Nazism in Hinduism, but an ancient symbol of good fortune, found in shrines.	
30.	Aum	The symbol of Hinduism found in shrines. Aum is thought to be the sound made at the time the universe was created.	
31.	Puja	Ceremonial worship of a deity via a murti that follows a set form.	
32.	Darshan	An act of personal worship to a particular deity.	
33.	Havan	A fire sacrifice where ghee and grains are thrown into the fire while a prayer is offered.	
34.	Vahana	An animal belonging to a deity that is used to carry it around.	
35.	Avatars	The different forms of a deity, e.g. Rama and Krishna are avatars of Vishnu.	
36.	Vaishnavism	The biggest group within Hinduism; Hindus who worship Vishnu.	
37.	Shaivism	A worshipper of Shiva. One of the four main groups within Hinduism.	
38.	Shaktism	A worshipper of the goddess Devi, also called Mother Shakti. One of the four main groups within Hinduism.	
39.	Smartism	A follower of Smriti (scriptures that were 'remembered'). One of the four main groups within Hinduism that believes that no deity is more important than another, all are equal.	
40.	Vrindavan	A sacred site of pilgrimage for Vaishnavites (followers of Vishnu).	
41.	Varanasi	A sacred site of pilgrimage for Shaivite Hindus (followers of Shiva).	
42.	Ahimsa	The virtue of non-violence.	



GEOGRAPHY - YEAR 8 - M1 Tectonic Hazards			RAG
1.	The structure of the Earth	The Crust, the Mantle, the inner and outer core.	
2.	The Crust	Varies in thickness (5-10km) beneath the ocean. Made up of several large plates.	
3.	The Mantle	Widest layer (2900km thick). The heat and pressure means the rock is in a liquid state that is in a state of convection.	
4.	The Inner and Outer Core	Hottest section (5000 degrees). Mostly made of iron and nickel and is 4x denser than the crust. Inner section is solid whereas outer layer is liquid.	
5.	Tectonic plates	The crust is divided into tectonic plates which are moving due to convection currents in the mantle.	
6.	Convection Currents	Due to the heating of the mantle by the core, the lower parts of the mantle become less dense and start to rise. As they move towards the crust, they cool, become denser and sink. This movement causes plates to move	
7.	Destructive Plate Margin	When the denser plate subducts beneath the other, friction causes it to melt and become magma . The magma forces its ways up to the surface to form a volcano and earthquakes.	
8.	Constructive Plate Margin	Here two plates are moving apart causing new magma to reach the surface through the gap. Volcanoes formed along this crack cause a submarine mountain range such as those in the Mid Atlantic Ridge .	
9.	Conservative Plate Margin	A conservative plate boundary occurs where plates slide past each other in opposite directions, or in the same direction but at different speeds. This is responsible for earthquakes such as the ones happening along the San Andreas Fault, USA.	
10.	Causes of Earthquakes	Earthquakes are caused when two plates become locked causing friction to build up. From this stress, the pressure will eventually be released, triggering the plates to move into a new position.	
11.	Epicentre	The point directly above the focus, where the seismic waves reach first, is called the EPICENTRE .	
12.	Seismic Waves	SEISMIC WAVES (energy waves) travel out from the focus.	
13.	Focus	The point at which pressure is released is called the FOCUS .	
14.	Warning Signs	Small earthquakes are caused as magma rises up. Temperatures around the volcano rise as activity increases. When a volcano is close to erupting it starts to release gases.	
15.	Predicting	Scientists using seismic records as well as satellite information to predict when the next event will occur.	



GEOGRAPHY - YEAR 8 - M1 Tectonic Hazards			RAG
16.	Protection	Building earthquake resistant buildings in order to minimise destruction caused by earthquakes	
17.	Preparation	Creating an exclusion zone around the volcano. Having an emergency supply of basic provisions, such as food. Being ready and able to evacuate residents. Trained emergency services and a good communication system.	
18.	Social impacts	Impacts of a tectonic event that affect humans	
19.	Economic impacts	Impacts of a tectonic event that affect the money and economy of an area	
20.	Environmental impacts	Impacts of a tectonic event that affect the environment	
21.	HIC	High income country	
22.	LIC	Low income country	
23.	Problems in a LIC	<ul style="list-style-type: none"> • No early warning technology available • Too few ambulances, hospitals, nurses and doctors. • Buildings poorly constructed and easily damaged. • Shortage of emergency supplies. 	
24.	Pacific Ring of Fire	Is a path along the Pacific Ocean characterized by active volcanoes and frequent earthquakes	
25.	Mid-Atlantic Ridge	A north-south suboceanic ridge of volcanoes in the Atlantic Ocean from Iceland to Antarctica where several volcanic islands have been created	
26.	Composite volcano	it is COMPOSED of layers of ash and thick lava! These tend to be found by destructive plate boundaries	
27.	Shield volcano	it forms gently and has runny lava, but no ash. This causes it to form gently as the lava is able to move further from the vent before it cools and slow down. These are usually found by constructive boundaries	
28.	Sulphur mining	Extracting sulphur from the earth. Normally found in or near volcanoes	
29.	Fertile soil	Soil which is good for growing crops	
30.	Geothermal energy	Heat from below the earth's surface which is used to generate electricity in some countries. It is a very cheap and environmentally friendly way to create energy.	
31.	Ash Cloud	Small pieces of pulverised rock and glass which are thrown into the atmosphere.	

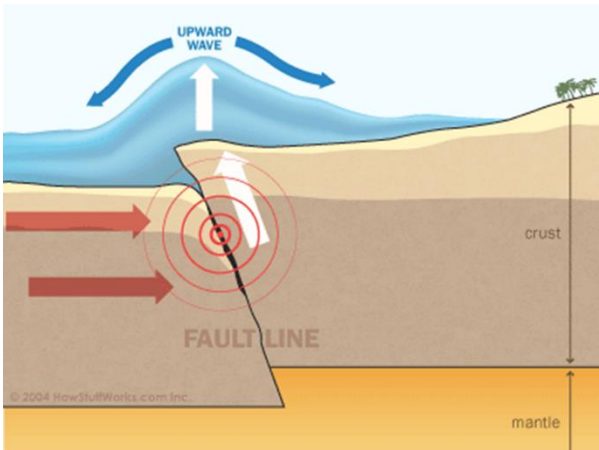


John 10:10

I came to give life – life in all its fullness
High Expectations – No Excuses



Sapere Aude

GEOGRAPHY - YEAR 8 - M1 Tectonic Hazards			RAG
32.	Gas	Sulphur dioxide, water vapour and carbon dioxide come out of the volcano.	
33.	Lahar	A volcanic mudflow which usually runs down a valley side on the volcano.	
34.	Pyroclastic Flow	A fast moving current of super-heated gas and ash (1000°C). They travel at 450mph.	
35.	Volcanic Bomb	A thick (viscous) lava fragment that is ejected from the volcano.	
36.	Tsunami	A large wave or series of waves that are caused by an earthquake in the ocean.	
37.	What tectonic plates cause Tsunami?	<p>Destructive plate boundaries. As the plate slip upwards, it releases a large amount of energy into the sea. This creates the tsunami wave</p> 	
38.	How are they caused?	The wave is moving faster in deeper ocean. As the wave nears land, it is squeezed upwards and increases in height. This causes the wave to head inland destroying everything in its path	
39.	2004 Boxing Day Tsunami	Massive earthquake between the Indian Plate and Burma plate which was measured as 9.3 on the Richter scale. This caused a massive Tsunami to fan out across the entire Indian Ocean.	
40.	2004 Boxing Day Tsunami. Where?	The tsunami of December 26, 2004 occurred in the Indian Ocean and impacted several nations including Indonesia, Thailand, Sri Lanka, India, The Maldives, and Somalia, killing over 230,000 people.	
41.	Short Term Effects	Have an immediate impact, which is resolved / finished relatively quickly (within weeks) -	
42.	Long Term Effects	Cause problems that last for a longer period of time, and are often permanent or difficult to resolve -	
43.	Why the area was so badly effected?	<ul style="list-style-type: none"> • One of the most powerful earthquakes ever recorded. • Huge tsunami waves traveling at high speeds across the ocean. • Many coastal areas low lying 	

GEOGRAPHY - YEAR 8 - M1 Tectonic Hazards			RAG
		<ul style="list-style-type: none"> Many areas densely populated. It occurred during the main tourist season. No early warning system or disaster plans in place. 	
44.	Aid	When help is sent from one country to another in order to save lives, ease suffering and help rebuild a country during and after a disaster.	
45.	International aid	<ul style="list-style-type: none"> International aid sent in to help - fresh water, water purification tablets, food, sheeting and tents. UK government promised £75 million and public donations of £100 million were also sent. 	
46.	Emergency Relief	Immediate help. To provide rescue for those in danger, safety for survivors and emergency care and food for those in need.	
47.	Short Term Aid	Help over the first few week and possibly months. It provides shelter, clothing, food, clean water and medical care for survivors.	
48.	Long Term Aid	This is to help people get back to normal. It includes repairing roads and buildings, providing jobs and preparing disaster plans for the future.	



History - Year 8 - M1 The British Civil Wars			RAG
1.	Charles I	King of England and Scotland from 1625 to 1649.	
2.	What was Charles I like as king?	He was shy, spoke with a stammer, and stubborn. He relied too much on favourites. He also wasted money on luxuries.	
3.	Civil War	A war fought by two sides in the same country.	
4.	British Civil Wars	A group of civil wars that took place between 1638-1652. The wars were mostly fought between Parliamentarians and Royalists.	
5.	Summer 1642	When civil war broke out between Charles I and Parliament.	
6.	Royalist	Somebody that supported the King (Charles I) during the British Civil Wars.	
7.	Parliamentarian	Somebody that supported parliament during the British Civil Wars.	
8.	Roundhead	The nickname given to parliamentarians.	
9.	Cavalier	The nickname given to the royalist forces.	
10.	Parliament	A group of people, that are elected by the people in their area, to go to London and help govern the country.	
11.	Divine Right	The belief that the monarch was chosen by God.	
12.	Henrietta Maria	The French Princess Charles I married in 1625. She was Catholic which upset many Protestants in Britain.	
13.	Tax	Money taken from the people to pay for the national needs.	
14.	Petition of Rights	A letter in 1628 where Parliament told Charles he could not raise taxes without the approval from Parliament.	
15.	Economic causes	Causes of the British Civil Wars related to money.	
16.	Economic causes of the British Civil Wars	1) Parliament ban Charles I from raising taxes (Petition of Rights) in 1628. 2) 1629 Charles spent a large amount of money on art and clothes and Parliament refuses to give Charles more tax. 3) In 1634 Charles collects a tax called Ship Money without Parliament's agreement.	
17.	Dissolving Parliament	This is when the monarch gets rid of parliament. Charles did this for 11 Years between 1629 and 1640. This made members of parliament, as well as those that supported parliament, very angry.	
18.	Dual Monarchy	A situation where one monarch is in charge of two different countries.	
19.	Scotland and the British Civil Wars	Charles tried to make the Scots use the English Prayer Book. They refused and started a war with England.	
20.	Ireland and the British Civil Wars	Catholics in Ireland started a rebellion and killed a number of Protestants and their English landlords. Rumours spread through London that Charles had started the rebellion as part of a plot to make England Catholic again.	
21.	Grand Remonstrance	Parliament made a list of things that Charles had done wrong that they wanted him to change (the big complaint). He refused to agree to it.	
22.	The New Model Army	Parliament's well-trained, paid, uniformed, well-equipped army. After 1643 they were better than the royalist army.	



History - Year 8 - M1 The British Civil Wars			RAG
23.	The Navy	Sailors and warships. In the civil war, the English navy fought for Parliament, seriously weakening the king.	
24.	House of Commons	The lower House of Parliament made up of MPs. Once a bill is passed in the House of Commons it goes to the Upper House (the House of Lords).	
25.	House of Lords	The Upper House of Parliament, it is made up of those who have been appointed by the Monarch. Once the House of Commons passes a bill if the House of Lords also pass it, it becomes law.	
26.	Bill	A law before it has been voted on by the House of Lords and the House of Commons.	
27.	Act	A law after it has been agreed by the House of Lords and the House of Commons.	
28.	Significance	The idea that something is important or deserves to be looked at.	
29.	Prince Rupert	The most talented royalist commander. He was a cavalry officer who helped the royalists to victories in the early battles of the war.	
30.	Prince Rupert and Charles I	Prince Rupert was Charles I's nephew.	
31.	London	London was on parliament's side and as it was the biggest town in England this meant it raised a lot of money for parliament.	
32.	Propaganda	Messages, usually of a misleading nature, used to try and make people do or think something.	
33.	Battle of Edgehill, October 1642	The first battle in the civil war: A draw, but Charles I's choice not to march on London was a big error.	
34.	Battle of Marston Moor, 1644	A big royalist defeat in Yorkshire which allowed Parliament to control the north of England.	
35.	Battle of Naseby, 1645	Another important royalist defeat, due the royalist cavalry going after loot rather than fighting on the battlefield!	
36.	Regicide	Meaning 'king killing'. Charles I was beheaded in 1649.	
37.	Republic	A country that does not have a monarch. In Britain, there was a republic from 1649 to 1660 after the regicide.	
38.	Oliver Cromwell	A leading Parliamentary officer, who then became 'Lord Protector' of the English Republic in 1653. He died in 1658.	
39.	Lord Protector	The title Cromwell took whilst in control of England.	
40.	Interregnum	The name given to the period of time in which England did not have a king.	
41.	Restoration	The name for when Charles II was put back on the throne of England and Scotland in 1660.	
42.	King Charles II	King from 1660 to 1685. Charles I's son. He is invited to return as king when the English Republic collapsed.	
43.	The Glorious Revolution	The name historians use to describe the events in 1688-9 where James II was deposed (kicked out) and replaced with Mary II.	
44.	Revolutionise	When things in society change completely.	



COMPUTER SCIENCE - YEAR 8 - M1			RAG
1.	Computer	An electronic device for storing and processing data, typically in binary form, according to instructions given to it in a variable program.	
2.	Compute	The verb 'to compute' means to carry out mathematical calculations. Today, with electronic computers everywhere, the term is more commonly defined as 'the use of computers to solve problems'.	
3.	Data	A collection of facts without context, such as values or measurements. On a computer 'data' can be stored as files, emails, video games, songs, pictures, data logged by sensors and calculations carried out by the central processing unit (CPU).	
4.	Sensor	A device which detects or measures a physical property and records, indicates, or otherwise responds to it.	
5.	Hardware	The machines, wiring, and other physical components of a computer or other electronic system.	
6.	Software	The programs and other operating information used by a computer.	
7.	CPU (Central Processing Unit)	The part of the computer that processes data according to the instructions it has been given. It provides the user with information.	
8.	Fetch Decode Execute	The cycle which the central processing unit (CPU) follows from boot-up until the computer has shut down in order to process instructions.	
9.	Operating System	The software that manages a computer's basic functions, such as scheduling tasks, executing applications and controlling peripherals.	
11.	BIOS	This stands for 'Basic Input/Output System' and the BIOS stores the information required for a computer's boot routine, the routine that runs when a computer is turned on.	
12.	Translator	A translator is a utility that translates high-level programming code into machine language that a computer can execute.	
13.	Graphical User Interface (GUI)	An interface that uses graphics rather than text. A GUI can be WIMP (Windows, Icons, Menus and Pointers) but doesn't have to be.	
14.	RAM	The memory or information storage in a computer that is used to store running programs and data for the programs.	
15.	ROM	A type of storage medium that permanently stores data on personal computers (PCs) and other electronic devices. It contains the programming needed to start a PC.	
16.	Virtual Memory	Memory that appears to exist as main storage although most of it is supported by data held in secondary storage, transfer between the two being made automatically as required.	
17.	Memory Management	This is the process of controlling and coordinating computer memory, assigning portions called blocks to various running programs to optimize overall system performance.	
18.	Command Line	This is one of a small set of data holding places that are part of the computer processor.	
19.	Directory	This is a location for storing files on your computer	



COMPUTER SCIENCE - YEAR 8 - M1			RAG
20.	Batch File	This is a text file that contains a sequence of commands for a computer operating system. Batch files encapsulate multiple commands into a single file, and are created for command sequences that users employ repeatedly.	
21.	Shell Script	This is a small computer program that is designed to be run or executed by the Unix shell, which is a command-line interpreter.	
22.	Wildcard	Refers to a character that can be substituted for zero or more characters in a string.	
23.	File Management	This is a type of software that manages data files in a computer system.	



I came to give life - life in all its fullness
High Expectations - No Excuses



DRAMA - YEAR 8 - M1			RAG
1.	Physical Skills	The use of the body: posture, stance, facial expressions, body language, gesture.	
2.	Vocal Skills	The use of the voice: pitch, pace, accent, tone, projection.	
3.	Creativity	The use of imagination or original ideas to create something; inventiveness.	
4.	Feedback	Reactions to a performance.	
5.	Role on the Wall	A technique used to build a character. It is a visual map that invites participants to explore the inner feelings and outer influences on a character, place, or idea.	
6.	Characterisation	Understanding the basic foundation of constructing a character for a role, using various techniques.	
7.	Physical Theatre	A form of theatre which emphasises the use of physical movement, as in dance and mime, for expression.	
8.	Narration	Telling the story directly to the audience either from within a character (narration from within) or in the role of a narrator.	
9.	Thought Tracking	A character speaks out loud about his/her inner thoughts at a particular moment in the drama.	
10.	Status	How much power and importance the character has. (High or low).	
11.	Comedy	The story shown is funny and ends happily.	
12.	Marking a Moment	A dramatic technique used to highlight a key moment in a scene or improvisation using freeze frame, slow motion or music.	
13.	Focus	The centre of interest or activity.	
14.	Improvisation	Creating or performing something spontaneously or making something from whatever is available.	
15.	Director	Someone who has a creative responsibility over a performance. It's their job to have a vision and an aim. They lead the actors with the interpretation of the piece and tell them what to do.	



FOOD TECH - YEAR 8 - M1			RAG
1.	Presentation	The art of modifying, processing, arranging or decorating food to enhance its aesthetic appeal.	
2.	Origin	The point or place where something begins, arises or is derived.	
3.	Fairtrade	Trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers.	
4.	Health and Safety	Regulations and procedures intended to prevent accident or injury in workplaces or public environments.	
5.	Senses	Sight, smell, hearing, taste and touch.	
6.	Appearance	The way that someone or something looks.	
7.	Preservation	The act of protecting something.	
8.	Contaminate	Make (something) impure by exposure to or addition of a poisonous or polluting substance.	
9.	Food Spoilage	The process where a food product becomes unsuitable to ingest by the consumer.	
10.	Knife Skills	A range of cutting skills using a knife to prepare different ingredients.	
11.	Aroma	The smell of something.	
12.	Appetising	Stimulating one's appetite.	
13.	Nutrition	The process of providing or obtaining the food necessary for health and growth.	
14.	Obesity	The state of being overweight according to Body Mass Index for your age, weight and height.	
15.	Journey	An act of travelling from one place to another.	
16.	Diet	The kinds of food that a person, animal or community habitually eats.	
17.	Saturated Fats	A fat that comes from animal food products.	
18.	Unsaturated Fats	A fat or fatty acid in which there is one or more double bond in the fatty acid chain.	
19.	Rubbing In	A technique where flour is rubbed into a fat to make dishes such as shortcrust pastry, crumbles and scones.	
20.	Glucose	A simple sugar which is an important energy source in living organisms and is a component of many carbohydrates.	
21.	Vegetarian	A person who does not eat meat or fish, and sometimes other animal products, especially for moral, religious or health reasons.	
22.	Fermenting	The process of converting carbohydrates to alcohol or organic acids using microorganisms, yeasts or bacteria.	
23.	Ingredients	Any of the foods or substances that are combined to make a particular dish.	
24.	Vegan	A person who does not eat or use animal products.	



HEALTHY LIVING - YEAR 8 - M1 Healthy Lifestyles			RAG
1.	Health	A state of complete physical, mental and social well-being and not merely the absence of disease.	
2.	Fitness	To be able to carry out life's activities without getting tired. The ability to meet the demands of your environment.	
3.	Well-Being	A state of being comfortable, healthy and happy. These can be divided into the 3 areas of physical well-being, emotional/mental well-being and social well-being.	
4.	Physical Well-Being	Being able to complete daily tasks without tiring.	
5.	Obesity	The state of being grossly fat or overweight. Above 30 on the BMI scale.	
6.	Type 2 Diabetes	Physical activity increases the amount of glucose used by the muscles for energy, so it helps lower blood glucose levels. Being active also helps the body to use insulin more efficiently and regular activity can help reduce the amount of insulin diabetics have to take.	
7.	Posture	Physical activity helps strengthen the core or postural muscles and mobilises the spine, keeping it flexible and alleviating back pain. Exercise also increases awareness of body position and improves motivation and confidence which can help with posture.	
8.	Fitness	Regular physical activity improves fitness so the body is more resilient and less prone to injury in both sport and everyday life. The ability to withstand and recover from illness is also related to fitness.	
9.	Social Well-Being	Being able to interact with a range of people and having a sense of belonging. Having respect, empathy and tolerance of others.	
10.	Friendship	Friendships increase as participants make friends with other members of the club, group or class.	
11.	Belonging to a group	Feeling of belonging gained from a common experience or shared activity.	
12.	Loneliness	Sadness because one has no friends or company.	
13.	Emotional/Mental Well-Being	Having good self-esteem and self-respect. Being able to recognise and express feelings	
14.	Self-esteem and Confidence	Completion or success in an activity can give a sense of satisfaction. Self-esteem is increased by doing well or sticking to an exercise or training routine.	
15.	Stress management	Exercise and physical activity can be enjoyable. Dynamic exercise or more intense physical activity can relieve tension and stress.	
16.	Image	When people exercise they may feel happier due to a release of endorphins into the body and see the long term health benefits on their appearance.	
17.	Sedentary Lifestyle	A lifestyle that is inactive and involves sitting down.	



HEALTHY LIVING - YEAR 8 - M1 Healthy Lifestyles			RAG
18.	Obesity	The state of being grossly fat or overweight. Above 30 on the BMI scale.	
19.	Heart Disease	Flow of oxygenated blood to the hearts muscle is blocked or reduced.	
20.	Hypertension	High blood pressure.	
21.	Diabetes	A person's blood sugar level becomes too high.	
22.	Depression	Feeling persistently sad for weeks or months.	
23.	Coronary heart disease (CHD)	Physical activity improves cardiovascular fitness and keeps the heart, lungs and blood vessels strong and healthy, reducing the risk of CHD.	
24.	Food Labels	Quantities of food sources found in a particular type of food.	
25.	Positive Lifestyle Factors	Positive lifestyle choices that will benefit your health and wellbeing.	
26.	Balanced Diet	Ensuring you have a balance of all the nutrients needed to maintain good health. This should include carbohydrates, proteins, vitamins & minerals, good fats, fibre and water.	
27.	Regular Exercise	The UK government recommends children aged 5-18 should participate in moderate to vigorous exercise for 60 minutes every day.	
28.	Smoking	Smoking can harm your heart, lungs, blood circulation and can cause cancer.	
29.	Alcohol	The negative effects of alcohol are liver damage, vomiting, blurred vision and slurred speech.	
30.	Stress Management	Being able to cope with the daily demands of stress. Recognising the signs and symptoms of stress and how physical activity can help you cope with them.	

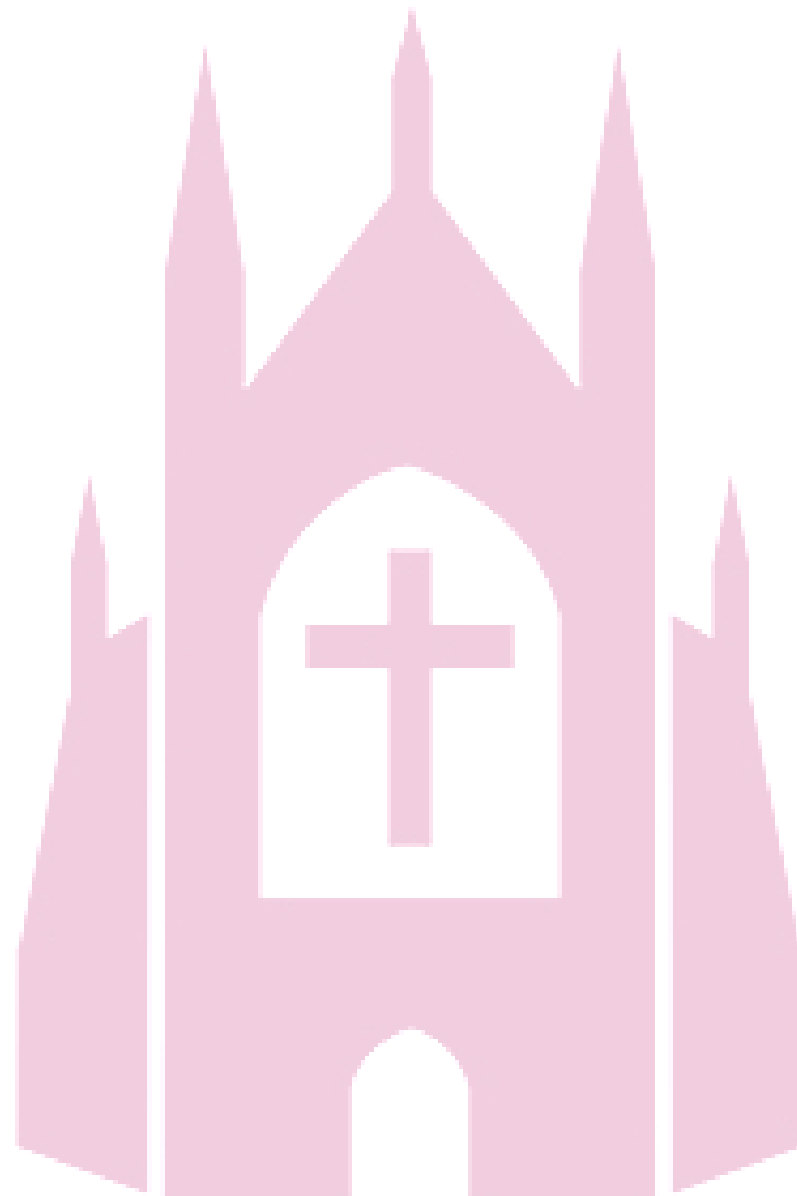


I came to give life - life in all its fullness
High Expectations - No Excuses



MUSIC - YEAR 8 - M1			RAG
1.	Chord	a group of typically three or more notes sounded together, as a basis of harmony.	
2.	12 bar blues	One of the most prominent chord progressions in popular music.	
3.	Swing music	Swing music is a type of jazz with a medium tempo and catchy melodies.	
4.	Syncopation	Syncopation is the accenting of a note which would usually not be accented. Syncopation is often described as being “off beat”.	
5.	Structure	Structure describes how a piece of music is put together; the sections in a piece of music.	
6.	Texture	Texture is the layers of sound.	
7.	Monophonic	Having a single line of melody.	
8.	Melody and accompaniment	A piece of music where the tune/melody line stands out and the accompaniment follows the melody.	
9.	Polyphonic	Having multiple independent lines simultaneously.	
10.	Pitch	Pitch is how high or low a note is.	
11.	Bass	Bass describes a deep, low pitch note.	
12.	Treble	Treble describes a high pitch note.	
13.	Bass clef	The bass clef notates low pitches.	
14.	Treble clef	The treble clef notates high pitches.	
15.	Improvisation	The act of writing music while you are playing it.	
16.	Rhythm	a strong, regular repeated pattern of movement or sound.	





Sapere Aude

I came to give life - life in all its fullness
High Expectations - No Excuses



John 10:10



Sapere Aude